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RIOTS MAKING JOLIE NERVOUS
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VANCOUVER metro®
Thursday, August 11, 2011
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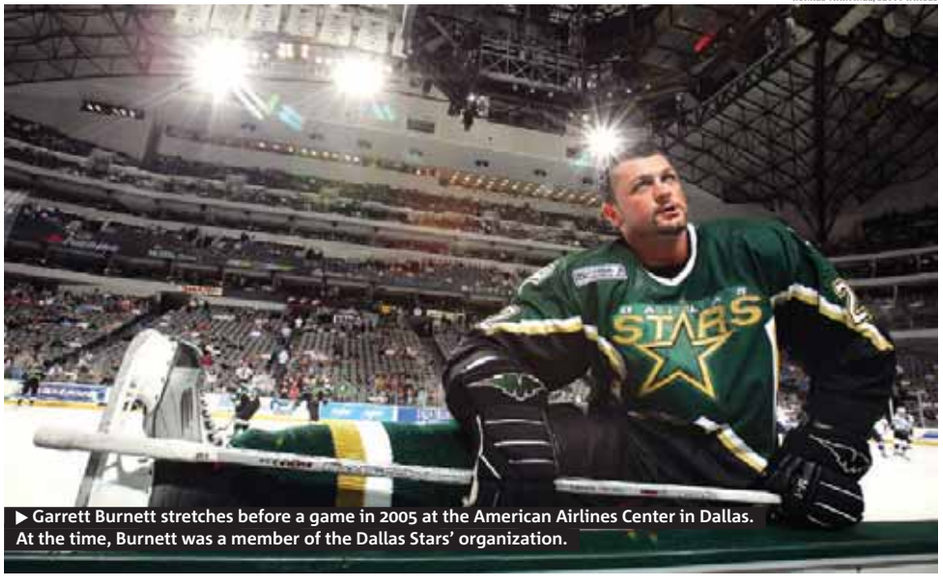
News worth sharing.

B.C. sues for health costs

Former NHLer Garrett Burnett suffered a brain injury when he was allegedly struck with a bar stool during a 2006 nightclub brawl in North Delta Lawsuit was filed under the province's Health Care Costs Recovery Act to reclaim expenses

RONALD MARTINEZ/GETTY IMAGES



▶ Garrett Burnett stretches before a game in 2005 at the American Airlines Center in Dallas. At the time, Burnett was a member of the Dallas Stars' organization.

Garrett (Rocky) Burnett was best known as an NHL enforcer during his brief league stint, but his reputation didn't protect him during a bar-room brawl that put him on life support.

Now the B.C. government is suing more than 30 people, including Delta's police chief, to recover what it spent on Burnett's lengthy hospitalization and recovery.

The B.C. Supreme Court lawsuit, filed Tuesday, says Burnett was smashed over the head with a bar stool, injuring his brain and putting him in a coma and on life support.

Delta police Chief Jim Cessford is named as the person responsible for the two investigating officers who the lawsuit says failed to safeguard exhibits such as video surveillance.

"The surveillance video and hard drive were both subsequently lost or destroyed," the lawsuit claims.

The fight happened on Boxing Day of 2006 at the Cheers Nightclub inside the North Delta Inn.

The government's lawsuit also alleges the bar's owner and its employees failed to make sure Burnett would be safe, didn't properly alert emergency responders after the assault, and didn't have a proper system for watching alcohol consumption.

The lawsuit outlines a long list of injuries Burnett suffered on top of his brain injury, including broken facial bones, chipped teeth, loss of speech and co-ordination, double vision, and memory loss.

The allegations have not been proven in court.

Burnett played 39 games for the Anaheim Ducks in the 2003-2004 season.

He took part in 22 fights and spent 184 minutes in the penalty box. He logged one goal and two assists.

THE CANADIAN PRESS

News

British PM vows 'fightback'

Cameron takes tough stance amid ongoing rioting Police launch murder probe {page 6}

Retro style

Mad Men collection debuting at Banana Republic
{page 18}

Flaherty stays the course

Minister still plans to balance books by 2014-15 despite market turmoil {page 12}

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Ottawa meat inspectors to pack up

British Columbians could be at risk of eating and buying contaminated meat products when Ottawa pulls out its inspectors from local slaughterhouses by January 2014, says the union for federal meat inspectors.

For decades, B.C., Manitoba and Saskatchewan have contracted help through the Canadian Food Inspection Agency to check provincially registered meat plants for E. coli, listeria, and salmonella.

Bob Kingston, president of the Agriculture Union of the Public Service Alliance of Canada, said B.C. would have to triple its budget to inspect more than 50 local meat-packing plants.

PHYLICIA TORREVILLAS

PHYLICIA TORREVILLAS/METRO

▶ Bob Kingston

Pros lend legal hand to inquiry

The former president of the B.C. Civil Liberties Association has been hired, along with three other lawyers, to be the voice of aboriginal women and the Downtown Eastside at the Missing Women Inquiry.

The move is intended to ensure fairness after the provincial government denied legal-aid funding to 13 community groups given standing at the inquiry.

MATT KIELTYKA

MATT KIELTYKA/METRO

▶ Vancouver Whitecaps winger Shea Salinas, right, challenges for the ball as members of the MLS team played with Vancouver's homeless soccer team at Oppenheimer Park yesterday.

Homeless soccer teams thankful for the pitch

Two Vancouver teams — one men's and one women's — leave Wednesday to represent at World Cup ◐ Players get a visit from Vancouver Whitecaps

MATT KIELTYKA
@METRONEWS.CA

The power of sport was on display at Oppenheimer Park yesterday.

Just ask Erin Backer.

In the past nine months, she's gone from living in a shelter to accessing drug treatment, cleaning up her life and having a place of her own to call home.

She'll also be representing Canada when Vancouver's homeless soccer teams compete in the FIFA Homeless World Cup in France next week.

It's been a monumental turnaround for someone who just saw a recruitment poster for the team and decided to give it a try.

"Huge change," nodded the 20-year-old after a practice session yesterday. "At that point in my life, I had just lost touch with everything. (Soccer) is one of the first things that got me out of the house after treatment."

In preparation for the World Cup, the men and women on the homeless teams were paid a visit yesterday by Vancouver Whitecaps Jeb Brovsky, Shea Salinas, Bilal Duckett and Jonathan Leathers.

"Now I'm going to Paris, it's such an honour."
ERIN BACKER, 20, ABOUT TURNING HER LIFE AROUND

"I'm really touched that these guys took time out of their day to do this," Backer said after the scrimmage. "They're a bunch of great guys too — super nice, passionate about soccer and just willing to kick the ball around for the bit."

It was an experience the professionals enjoyed as much as the amateurs.

"They're having a lot of fun, which is the most important thing. For us, it becomes a job sometimes, so this reminds us why we play the game in the beginning," Salinas said. "It's awesome that these guys have used the sport to their advantage and change their lives."

1 news

'Amazing' success in test of leukemia treatment that turns blood cells into cancer-hunting assassins. Scan code for story.

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Although Canada faces risks because of global economic volatility, Finance Minister Jim Flaherty says he still plans balanced budget by 2014. Video at metronews.ca

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News in brief

Man charged in mom's death

BURNABY. A 24-year-old man has been charged in connection with the stabbing death of his mother on Monday.

Benedict Bernabe Tomajin faces second-degree murder charges in the death of Josie Tomajin, 45.

On Monday, RCMP responding to 911 calls in the 6700 block of Elwell Street found a woman laying on the road with multiple stab wounds. She later died in hospital.

TERRIS SCHNEIDER

Gym fire was arson: Police

ABBOTSFORD. Police have confirmed the massive fire at World's Gym last week was arson.

"Right from the start, we deemed it a suspicious fire," Const. Ian MacDonald said of the fire in the 33000 block of South Fraser Way. "Now we're able to say we're dealing with arson."

He said investigators have a good description of the suspect through witness statements and video evidence, but those details are being kept confidential.

MATT KIELTYKA

Robbers target smartphones

RICHMOND. Thieves are targeting smartphones, Richmong RCMP warned yesterday.

Since January, RCMP have seen 35 cases in which cellphones or personal electronic devices were stolen. Often the thief will ask a victim for the time and then grab the phone when the victim checks. Violence in the robberies is rare.

TERRIS SCHNEIDER

BC Hydro gets energy smart

- 1.8 million smart meters to be installed across B.C. by the end of 2012
- Functions include tamper alerts, power-outage restoration capabilities

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO

▶ Gary Murphy, chief project officer of the smart-metering program, shows how the new meters work yesterday at a BC Hydro lab in Burnaby.

The new smart meters will get you thinking about the way you use energy, BC Hydro says.

The utility is committed to installing 1.8 million smart meters across the province by the end of 2012 through the province's Clean Energy Act.

Gary Murphy, chief project officer of the $930-million program, said the meters will provide customers with usage information on an hourly basis, something the old meters are not capable of.

Users can go online on a secure website and see how much energy they've consumed every day or compare it to other homes in their neighbourhood, he added. Older meters provide only a usage estimate every two months.

"It's proven over and over again in numerous studies and programs that when customers have that information, they begin to think differently about how much energy they're using and when they're using it," Murphy said.

BC Hydro solution architect David Deyagher said an alarm will be sent to Hydro when somebody tries to tamper with the meters, saving $100 million in stolen energy per year.

The program brings back $1.62 billion in benefits spread over two decades in avoided capital, energy savings and theft detection, he added.

Health concerns have been raised with respect to the possibly carcinogenic radio-frequency electromagnetic fields emanating from the smart meters, but BC Hydro says that the meters have passed tests against the strictest of standards.

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New Delhi go-getter persists to overcome newcomer hurdles

The path to success looked smooth to Avnish Soni and his wife Pinki when they attended a New Delhi seminar about immigrating to Canada. Unfortunately, no one could anticipate the global economic crisis that greeted them in British Columbia in early 2009. Today, through personal persistence – and support from Scotiabank – the couple are progressing towards their goals.

Back at the 2008 seminar sponsored by Scotiabank, the Soni family was excited about moving to Canada. Bank representatives explained financial services to help them get established in their new country, and Avnish, an MBA-trained branch manager at one of India's largest banks, was excited by the prospect of seeking work at the Canadian bank.

"I'm a go-getter and I liked how Scotiabank was proactive in sharing settlement information and pre-arranging banking and credit services," recalls Avnish, referring to the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. "I decided to make Canada's most international bank the first target in my job search."

On arrival in Surrey, BC, the experienced banker was pleasantly surprised when the Scotiabank Branch Manager emerged from his office to welcome the couple and their two daughters. "I was astonished by the friendly service and how our account and debit cards were waiting for us, as promised in New Delhi," says Avnish, who adds that his unsecured VISA credit card was ready within a week.

While the weak economy challenged the Sonis' immediate career hopes, the Scotiabank Branch Manager accepted Avnish's resumé and offered career tips. Pinki applied her teaching degree as a tutor.

"We stayed positive and kept working at it," notes Avnish, who worked odd jobs while he studied for his mutual funds license, joined professional associations and often visited the Scotiabank branch to keep in touch. His determination paid off when 18 months later, he was hired into the Bank training program.

Recently promoted to Senior Personal Banking Officer at Scotiabank's suburban White Rock Branch, Avnish is eager to dispense tips on personal finance, government services and career-building. "A newcomer has many fears of the unknown, and my goal is to be their friend who is a banker, showing them how to lower expenses, manage credit and learn how Canada works."

Career-wise, Avnish tells newcomers to stick with their goals, despite the hurdles. "Take a job to put food on the table, but don't lose focus on what you want to do. Work on your language skills, learn about job market expectations and see how you can add value," he says.

Perseverance also helps newcomers reach financial goals. "It's never too early to start a financial plan, and I guide newcomers on ways to start saving for a home or any goal. For my family and me, our journey has just begun, but we've got something to aim for and that's why we came here."

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Scotiabank's Avnish Soni says persistence can help newcomers reach their goals.

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PM won't bow to 'culture of fear'

Cameron warns U.K. rioters: 'Nothing's off the table'

Britain's prime minister hammered out a tough line against rioters yesterday.

David Cameron promised not to let a "culture of fear" take hold.

"We needed a fightback and a fightback is underway," Cameron said in a sombre TV statement outside his Downing Street office after a meeting of his crisis committee.

And he warned "nothing is off the table" — including a water cannon, used in Northern Ireland but never deployed in mainland Britain.

Cameron has recalled parliament for an emergency debate today.

Four days of riots and looting across the nation have both outraged and frightened citizens.

805
The number of arrests so far in London. Courts are being staffed around the clock to process looters, vandals and thieves — including one aged 11.

LONDON: An eerie calm prevailed yesterday as thousands of extra police flooded the streets.

Scenes of ransacked stores, torched cars and blackened buildings marked the capital.

BIRMINGHAM: Police launched a murder investigation into the deaths of three men hit by a car.

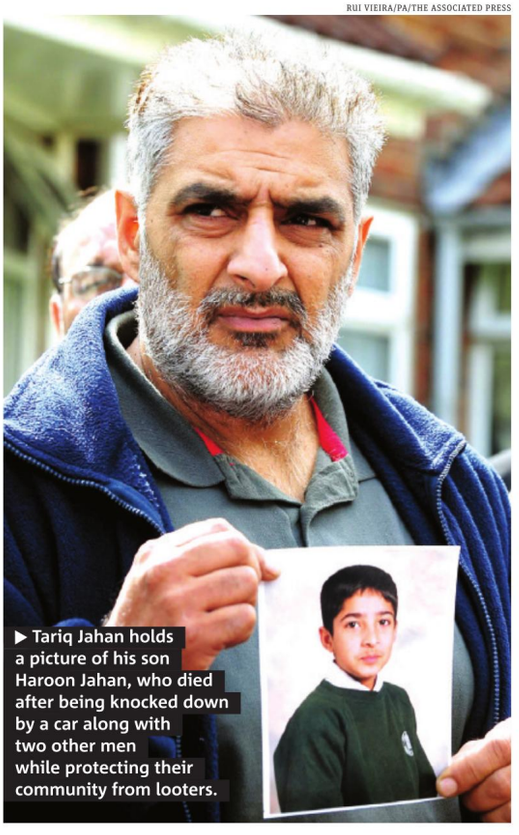
Residents said the dead men, aged 21 to 31, were members of the South Asian community who had been patrolling their neighbourhood to keep it safe from looters.

"They lost their lives for other people, doing the job of police," said witness Mohammed Shakiel, 34. "They weren't standing outside a mosque, temple, synagogue or church … they were protecting the community."

LIVERPOOL: Local Premier League rivals Liverpool and Everton issued a joint appeal yesterday for the violence in the northern city to end.

THE ASSOCIATED PRESS

RUI VIEIRA/PA/THE ASSOCIATED PRESS



▶ Tariq Jahan holds a picture of his son Haroon Jahan, who died after being knocked down by a car along with two other men while protecting their community from looters.

Muslims urged to launch web war

Militant online forums are abuzz with calls to Muslims in Britain to launch Internet campaigns in support of the British rioters and to urge them to topple the government.

Dozens of contributors yesterday suggested Muslims in Britain should flood social media websites such as Facebook and Twitter with slogans and writings inciting the British youth to continue rioting.

One online contributor says the rioters should adopt slogans similar to those used by Arab protesters during the uprisings in the Middle East this year.

One contributor says "chaos is useful to militants in London."

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She's happy to pay love's price

Noblewoman wants to wed her beau Her kids don't approve, so she's given them her fortune

CARLOS ALVAREZ/GETTY IMAGES

▶ Sharing a love story: The Duchess of Alba and her beau, Alfonso Diez.

It's the stuff of soap opera.

At 85, one of Spain's richest women wants to wed a civil servant young enough to be her son.

To placate her six wary children, she has signed over to them palatial chunks of her wealth.

The twice-married matriarch's supreme title is Duchess of Alba, but she has more than 40 others.

Her 60-year-old beau is Alfonso Diez who works for the Spanish social security administration.

The duchess said she wanted to marry Diez but her kids were against it.

She denied any suggestion Diez was a gold-digger.

"Alfonso does not want anything. He has renounced everything. All he wants is me."

Last month the duchess and her children went to a notary in Madrid and she registered them to be owners of palaces, castles and other property around Spain upon her death, according to widespread Spanish press reports.

THE ASSOCIATED PRESS

China. Is it a coverup?

▶ Look closely: You can just make out the outline of Chinese artist Liu Bolin in the main photo and inset. With some painting magic in Beijing, he's being made to blend in with row of drinks. It's his way of protesting against the use of plasticizer in food and drink additives.

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Spot the artist ... as a protester

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Gadhafi's 'dead' son appears on TV

Libyan state television broadcast images yesterday of a man it said was Moammar Gadhafi's youngest son in an attempt to refute rebel claims that he had been killed in a NATO airstrike.

Rebels claimed on Friday that 27-year-old Khamis Gadhafi, who commands one of the best trained and equipped units in the Libyan military, was killed in the western front-line town of Zlitan. The regime dismissed the claim and said the rebels were only trying to deflect attention from the killing last week of the opposition's military commander, possibly by other rebels.

The images on television showed the son at a Tripoli hospital visiting people wounded in a NATO airstrike and said it was on Tuesday. If genuine, it would be the first time he has been seen in public since the reports of his death.

State television also showed funerals for dozens of civilians it said had died in another NATO airstrike on Tuesday in Zlitan, a main front for the rebels fighting Gadhafi's troops. It is about 140 kilometres southeast of Tripoli.

The channel has been airing images in black and white to honour a three-day mourning period for the 85 people the government said lost their lives in Zlitan.

More than 200 people gathered around about 40 coffins set on the ground in a cemetery under the shadows of palm trees.

THE ASSOCIATED PRESS

U.S. hits Syria with sanctions

Ratcheting up the pressure, the Obama administration slapped sanctions yesterday on Syria's largest commercial bank and cellphone operator as it moved to demand the end of four decades of dictatorship.

The Treasury Department added the state-owned Commercial Bank of Syria and its Lebanon-based subsidiary, the Syrian Lebanese Commercial Bank, to its sanctions list, citing their links to human rights abuses and to illegal weapons trade with North Korea. Mobile phone company Syriatel was targeted because it is controlled by "one of the regime's most corrupt insiders," said David Cohen, the department's undersecretary for terrorism and financial intelligence.

"We are taking aim at the financial infrastructure that is helping provide support to Assad and his regime's illicit activities."
DAVID COHEN, U.S. TREASURY DEPARTMENT

THE ASSOCIATED PRESS

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FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

▶ Relatives of Ibrahim Shegow of southern Somalia watch as he lowers the body of his seven-month-old boy into a grave in a refugee camp in Mogadishu yesterday.

Fight paints grim picture

A little more than half population in Kenya's Turkana region consume one meal a day Famine in neighbouring Somalia has killed tens of thousands

The two mothers exchanged blows as they held their wailing infants in their arms after one of the women tried to cut in the long line for children to receive treatment for severe malnutrition.

The women faced off a again after passing their children to onlookers amid the melee: The younger woman head-butted the other to the ground before personnel intervened.

The incident at the hospital shows the desperation in northern Kenya.

How to help

- interaction.org

THE ASSOCIATED PRESS

ADVERTISING FEATURE

CDI College's Practical Nursing Program prepares grads for a lifelong career path

APPLICATIONS CURRENTLY BEING ACCEPTED FOR UPCOMING FALL START AT THREE LOWER MAINLAND CAMPUSES.

CDI College still has open spaces for the September start of its Practical Nursing program. This one year program will prepare anyone looking to enter the fast-paced healthcare field.

Nursing continues to be a highly-respected profession in Canada. Licensed practical nurses (LPNs) are one group of nursing professionals who play crucial roles in a broad range of healthcare fields in BC. As such, LPNs need to have the fundamental knowledge and practical training to succeed on the job. Those interested in pursuing a position in the province's growing healthcare sector will find that the 51-week Practical Nursing diploma program at CDI College is the perfect way to jump start a nursing career.

Nursing has traditionally been a lifelong career choice. The wide range of options available to LPNs provides them with opportunities to work in various departments, locations and levels of management. For instance, graduates can find careers in hospitals, care homes, community health centers, schools and medical clinics.

Students in the Practical Nursing program learn from industry-experienced instructors. They study essential subjects such as human anatomy, physiology, pharmacology and professional issues as well as a range of specialized topics like acute care, gerontology and community health. Supervised clinical practicum placements in community care settings, long-term care facilities and acute care environments allow students to gain essential practical experience in the field. A final preceptorship prepares students for the transition from student nurse to licensed professional.

"Upon graduation, our students are prepared for writing the Canadian Practical Nurse Registration Exam (CPNRE) in order to apply for licensing with the College of Licensed Practical Nurses of BC," says Dr. Bohdan Bilan, VP of Academics for CDI College. "As new professionals in the industry, our graduates will become key assets in the province's healthcare system for years to come."

CDI College is currently accepting applications for the fall intake of its 51-week Practical Nursing program at its Richmond, Surrey, and Vancouver campuses. Program lengths may change for future sessions due to curriculum revisions.

If you're interested in learning more about the program call **1-888-654-4179** or visit **van.cdicollege.ca.**
Join the conversation on Facebook **(Facebook.com/CDICollege)** and Twitter **(Twitter.com/CDICollege).**

Donations destined for fire victims end up in Calgary dump

A Calgary garbage hauler says he was sickened when he found a truckload of clothing, bedding and toys marked for Alberta wildfire evacuees at a city landfill this week.

And to make matters worse, Paul Nielsen says when he alerted a supervisor at the Spyhill landfill about what he had discovered, the products were buried rather than salvaged because the dump has a no-scavenging policy.

Nielsen, who owns DumpRunner Waste Systems, says the boxes were clearly marked for donation to relief efforts in Slave Lake, Alta., where fires earlier this year left hundreds of people homeless.

Hefty load

Items discovered:

- The driver said there were video games, children's clothing still on the store hangers, a crib, coats and new blankets.

The material was donated by Total E&P Canada Ltd., which conducted a charity drive to help the town.

Nielsen says he doesn't know how the items ended up in the dump and calls to the City of Calgary, which runs the facility, were not immediately returned.

THE CANADIAN PRESS

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- ☐ **Change in appetite**
- ☐ **Poor sleep**
- ☐ **Fatigue**
- ☐ **Low self-esteem**
- ☐ **Poor concentration**

If you have some of these symptoms and are between 19 – 60 years of age, you may be eligible to participate in a research study that involves combination treatments for depression (one non-medication therapy plus one antidepressant drug).

The study is being conducted by ***Dr. Raymond Lam*** *at the* ***Mood Disorders Centre, UBC Hospital.***

For more information, call 604-822-0332.

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CHANGING THE CHANNEL

Viewers hang up on pay TV

The weak economy is hitting Americans where they spend a lot of their free time: They're cancelling or forgoing cable and satellite TV subscriptions in record numbers.

In a tally by the Associated Press, eight of the nine largest pay-TV providers in the U.S. lost 195,700 subscribers in the April-to-June quarter. That's the first quarterly loss for the group, which serves about 70 per cent of households. It amounts to 0.2 per cent of their 83.2 million video subscribers.

The chief cause appears to be persistently high unemployment and a housing market that has many people living with their parents, reducing the need for a separate cable bill.

But it's also possible people are turning to cheap Internet video. If that's the case, viewers can expect more restrictions on online video, as studios seek to get paid for what they produce.

THE ASSOCIATED PRESS

Full steam ahead on cuts

Finance minister vows to 'stay the course' to balance budget by '14-'15

Canada's economy remains stable and growing despite volatile global markets, but the uncertainty poses risks for the country, Finance Minister Jim Flaherty says.

However, Flaherty said yesterday that he will stick with his plan to balance the government books by 2014-15 in part by finding $4 billion in annual savings in spending.

Flaherty said U.S. and European difficulties have not prevented the Canadian economy from performing "relatively well."

The comments follow several days of market upheaval that has seen the Toronto stock market drop sharply.

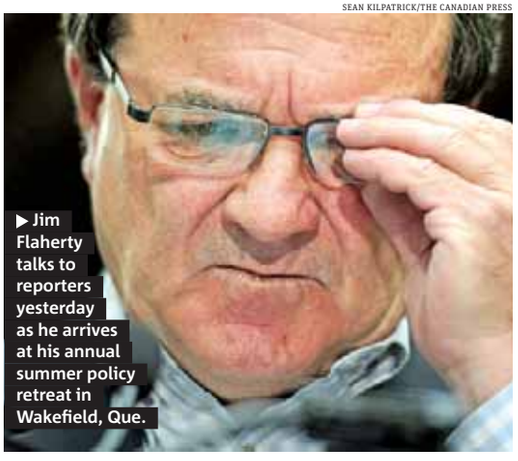
Peggy Nash, the NDP finance critic, said Flaherty isn't doing enough to cushion the economy from another slump. "What we would have liked to have seen was a little more flexibility on the part of the minister," she said. "What we don't need right now is rigidity or even an ideological approach to our finances."

Nash said Flaherty should be looking at infrastructure spending as a way of stabilizing the economy. THE CANADIAN PRESS

Mood swing

The mood of business leaders has slipped, the Conference Board of Canada said yesterday, with just 30.9 per cent saying they believe the economy will improve in the next six months, down from 40.6 per cent last quarter.

SEAN KILPATRICK/THE CANADIAN PRESS



Jim Flaherty talks to reporters yesterday as he arrives at his annual summer policy retreat in Wakefield, Que.

Market moment

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Southern Caribbean
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+ taxes & fees USD $68
EATURES St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails roundtrip San Juan. Interior Stateroom.

Eastern Caribbean
7-Night Cruise from USD $449
+ taxes & fees USD $107
FEATURES Half Moon Cay, St Thomas, San Juan and Grand Turks. Sails roundtrip Miami. Interior stateroom.

Bermuda 7-Night Cruise from $479
+ taxes & fees $141
FEATURES King's Wharf, Bermuda (2 overnights). Sails roundtrip Boston. Interior stateroom.

Pacific

Alaska 7-Night Cruise
from USD $599
+ taxes & fees USD $153
FEATURES Inside Passage (cruising), Ketchikan, Icy Strait, Juneau, Skagway and Hubbard Glacier (cruising). Sails from Vancouver to Seward. Interior stateroom.

Pacific Coastal
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FEATURES San Francisco, Astoria, Victoria and Nanaimo. Sails from Los Angeles to Vancouver. Interior stateroom.

South Pacific
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FEATURES Melbourne, Burnie, Milford Sound, Fjordland National Park (cruising), Dunedin, Christchurch, Queen Charlotte Sound (cruising), Captain Cook Ship Cove (cruising), Wellington, Napier, Tauranga, Bay of Plenty (cruising) and Coromandel Peninsula (cruising). Sails from Auckland to Sydney. Interior stateroom.

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WHAT TO SAY WHEN DEATH IS STARING AT YOU

HE SAYS ...

JOHN MAZEROLLE
METRO

As The Guy Who Almost Died, I have important lessons to teach you about life and death.

First, it's never a good situation when you're hoping for phlegm.

That's what I'm doing as I write this in an ER, hoping that my dry cough will change to something grosser — something a teenage boy eating Oreos would be proud to expectorate.

I have a blood disorder that nearly killed me several years ago, and the only persistent symptom was a dry cough. It brought to mind those Hollywood roles in which blonds supposedly on death's door cough tasteful amounts of blood into a white kerchief.

But eventually my symptoms progressed to waking up under my desk thinking, "This isn't good." If you develop the keen medical eye I have, you'll come to recognize that as a bad sign.

With this background, I prefer coughs to be horrible phlegm-filled monstrosities, because then I know I have a cold. When I have a dry hack with no other symptoms, I start hiding my more embarrassing sex-related possessions and making sure I'm wearing clean underwear.

"It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?"

As you can see, my Guy Who Almost Died wisdom runs deep. As such, I offer the following life lessons to save you the trouble of nearly dying. You're welcome.

Loved ones rock: People overplay how important it is to have a positive attitude when sick. It's like the train jumped the tracks and everybody's talking about how brave you were when all you did was hold tight and say, 'Whoooooaaah.'

On the other hand, it made a big difference for me to see family and friends around me smiling and happy, as opposed to the doctor who (I swear) kept looking back and forth between me and the body bags.

Victimhood sucks: I joined a Facebook group for survivors of my condition, but it was mostly people talking about how they'd never live without fear again. What's the point?

It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?

Love your body: People who look in the mirror and say, "I hate my body" because it's not perfect deserve a slap. People with, say, ALS can hate their bodies if they so choose.

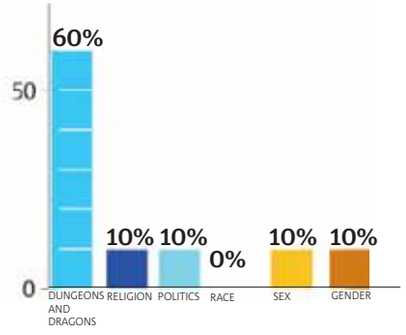
You have to love yours. That's a rule.

Even love the bad stuff. Especially the phlegm. Cough, cough, ahem.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

What taboo topics do you and your friends never talk about?



Local tweets

- **@CrazyP44:** Only a couple more games at Empire. Ur going to b sorry if u don't go! I challenge Van to pack th HOUSE! #BCLions #CFL #GC99
- **@BCLions:** What non-perishable food item will you be bringing to Purolator Tackle Hunger night on Saturday? #BCLions #CFL @PurolatorTH
- **@AyeWeezy:** Cold in #Vancouver today. Rain in the forecast ..
- **@lauradirty:** You know you are in #Vancouver when kids these days use organic lemons for their lemonade stand. Probably charge 5 dollars per cup too ;)
- **@VanVantage:** Haven't had sushi in 48 hours; mercury levels dropping - coincides with temperature in #Vancouver
- **@LavishDesign:** It's August & I'm wearing my Ugg boots. Sad #Vancouver summer I must say :(
- **@char_alot:** @OfficialAdele officially killed it last night at the Orpheum #Vancouver! She sounds even better live than on any recording. #trulytalented
- **@beans1616:** Watching #rumbleinthebronx, #Vancouver has changed a lot in 15 years.

Worth Mentioning

TOMATOES. Any way you slice it, the tomato is one confusing comestible.

Is it a fruit or a vegetable? This is the kind of thing that can spark quite the argument, with both sides passionately supporting their claims. Oddly enough, both are right, at least according to the USDA's Economic Research Service. Yes, botanically speaking the tomato is a fruit, but horticulturally and legally it is considered a vegetable.

This debate has been adjudicated by none other than the U.S. Supreme Court. It happened in the late 19th century in connection with a challenge to tariffs on imported produce. The high court ruled that despite the botanical definition, tomatoes are a vegetable, in part because at the tables of the time they were served as "the principal part of the repast" and not as dessert.

No telling what the justices would have done in today's envelope-pushing culinary world of tomato jams and gelatos.

In the U.S., today's tomatoes are mainly tariff-free since those that aren't grown domestically are mostly imported from Mexico and Canada, which are covered by the NAFTA free trade zone.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Somebody has been eating her porridge...

A woman who turned her rural Northern California home into a spa for wild bears won't go to jail.

The San Francisco Chronicle reports that Lynne Gravier of Laytonville pleaded guilty Monday in Mendocino County to a misdemeanour charge of feeding big game.

However, prosecutors agreed to drop the charge in three years if Gravier agrees to stop her bear feeding.

Gravier says she's glad it's over.

The 77-year-old woman set out a wading pool and bought thousands of pounds of food to feed her guests with corn meal and peanut butter sandwiches.

Neighbours complained that the bears killed livestock and broke into homes.

Last year, authorities found 15 black bears at Gravier's home. The filthy house was condemned, and Gravier now lives elsewhere.

THE ASSOCIATED PRESS

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2 scene

Burnaby gets the blues

Canadian Grammy award winner k.d. lang headlining this year's Blues and Roots Festival

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Have you heard who's headlining the Burnaby Blues and Roots Festival this weekend?

A few hints: she's from Alberta, is a Grammy Award winner and has been performing around the world for nearly 30 years.

Did you guess k.d. lang?

OK, so if you're a fan of the festival, you've known this juicy news for quite some time. And if you've never attended, what more reason do you need to check it out?

How about two stages, beer and the possibility of sunshine?

Sold yet? Here are a few more dangling carrots, just in case.

John Mayall

This British Bluesman has worked with everybody who's anybody in the wide world of blues: John Lee Hooker, T-Bone Walker, Sonny Boy, Buddy Guy, Mavis Staples, the list goes on and on. He's performing 7:10 to 8:25 p.m. on the Lake Stage.

Luke Doucet and the White Falcon

Sounds like a cop show from the '70s, and that's not too far off. Doucet's latest album, the critically acclaimed Steel City Trawler, is described as a "late-70s ride to the grocery store in a big, gas-guzzling Lincoln Town car." Watch the Falcon take flight between 6:10 and 6:55 p.m. on the Garden Stage.

Imelda May

This Irish lass began singing at 16 years old, but didn't release her debut album until 2005. Her second album, Love Tattoo, was released in 2007 and has gone triple platinum in her homeland. Don't miss this talented singer, 5:05 to 6:05 p.m. on the Lake Stage.

The Burnaby Blues and Roots Festival goes down Saturday at Deer Lake Park in Burnaby. Gates open at 1 p.m. Shows from 2 p.m. until 10 p.m. More information at BurnbabyBluesFestival.com

Concert news

- **Just announced** The mighty GWAR descends on Vancouver Nov. 7, when the self-proclaimed lords of the underworld play the Commodore Ballroom. Tickets, $32.50, go on sale tomorrow at 10 a.m. at LiveNation.com.
- **Kings and dogs** Canadian 10-year overnight success the Sheepdogs will be opening up for Kings of Leon on that band's Canadian tour. Don't forget the new date: Sept. 28. Details about tickets at LiveNation.com.

SUBMITTED

▶ k.d. lang headlines the annual Burnaby Blues and Roots festival.

News in brief

Alec Baldwin says he's thinking of running for mayor of New York, but not until he learns more about the job. The 30 Rock actor tells The New York Times he'll sit out 2013 but will consider running in a later election.
THE ASSOCIATED PRESS

Reality show star's lawyer says Teen Mom 2 drug test led to probation violation charge

Angie, kids hide out in London

Brangelina brood in city while Brad films World War Z Angelina nervous about this week's rioting, but has taken the children out

ALL PHOTOS GETTY IMAGES

Angelina Jolie and Brad Pitt

Angelina Jolie reportedly wasn't too happy staying in London while Brad Pitt films World War Z — and that was before this week's riots broke out.

"Angie was a little nervous, but felt safe," a source says.

The riots began amid anger over a fatal police shooting

"She was really scared and worried about the safety of the kids, but, as the day has gone by, we've been able to get a clear picture on what's going on. She felt safe enough to take the children out. Of course, we are not going anywhere near central London."

The family is staying in the suburb of Richmond, while Pitt is currently shooting on the coast.

"Brad is worried," the source says.

"He's pretty safe because he's in Falmouth, but knowing Angie and the kids are in London is what's making him worried.

"He has been calling the house regularly, to make sure they are OK and calm."

METRO

Arnie's daughter dishes

Katherine Schwarzenegger, the 21-year-old daughter of Arnold Schwarzenegger and Maria Shriver, is opening up about the rocky year her family has had.

"When [the separation] started happening, it was like everything came from nowhere overnight," she tells Harper's Bazaar.

"I would go out to lunch, and literally 20 people would come and scream at me.

"And I'm like, 'This is so inappropriate; you're trying to provoke me to have an attack and say something crazy.'"

METRO

Katherine Schwarzenegger

Celebrity tweets

@eliroth

"U.S. credit got downgraded. Guess we're like the Associate Producer of superpowers now."

@rustyrockets

"My mum is on twitter. Is this good? Follow @mummyrusty we'll just have to hope it doesn't get weird."

@edgarwright

"I wonder if sharks have 'People Week'"

@SarahKSilverman

"I really think last year's gonna be my year."

Ronson faces DUI charges

Samantha Ronson

Celebrity DJ Samantha Ronson has been charged with two misdemeanors for her DUI arrest earlier this month on the way back from Las Vegas, according to Reuters.

If convicted she faces up to six months in jail and a $1,000 fine. METRO

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MAPLE

3 life

Winehouse fashion line

Fred Perry is proceeding with plans to release fashion collections from the late Amy Winehouse. The British label said it came to the decision "after much consideration". Fred Perry will release the fall-winter 2011 range and wholesale the spring-summer 2012 Amy Winehouse for Fred Perry Collection. Winehouse's royalties and fees from both collections will be donated to the soon-to-be-established Amy Winehouse Foundation, and the label will make a seasonal donation to the foundation.

THE CANADIAN PRESS

Kate joins first ladies, other royals on Vanity Fair's jet-set fashion list

Break out your high-heel pumps, your boldest lipstick or your best fedora
Banana Republic and Mad Men are teaming up to bring retro polish to the modern workplace

The designers have gone Mad!

Mad Men has gone beyond a fashion fad. The AMC show about a 1960s ad agency — in which style is as important as the characters and plot — continues to influence runways and retailers with a branded collection debuting next week at Banana Republic.

The new clothing line also provides a temporary fix for Mad Men devotees awaiting the show's return in 2012. No new episodes of the show aired this year.

The clothes are sexy, and Joanna Coles, editor-in-chief of Marie Claire, says that's one of the things that really has resonated with both viewers and shoppers. The show gives us permission to dress to impress the opposite sex — in fact it encourages it, she observes.

BANANA REPUBLIC/THE ASSOCIATED PRESS

BANANA REPUBLIC/THE ASSOCIATED PRESS

▶ The Mad Men inspired collection features a colour palette dominated by sophisticated navys, reds and blacks.

Media a la mode

Movies and TV are not uncommon inspiration for fashion designers.

- Vera Wang had her Deadwood collection, Anna Sui mined Doctor Dolittle and Tommy Hilfiger has tapped The Royal Tenenbaums more than once.

"Mad Men shows you how to look great in the workplace, and it shows you how to work it," Coles says.

It's the rare TV show that glamorizes the office and fills it with attractive people, she says: "When you look at something like The Office, no male executive wants to recreate the style of Steve Carell. No one wears lipstick at Dunder Mifflin. Mad Men makes the office a more exciting place than it often is, and Banana Republic is trying to channel that."

Madison Avenue during that era was practically a catwalk with men in three-piece suits and fedoras, and women in sheaths and high-heel pumps carrying handle-top handbags.

It's a good look – and one that people look good in, says Simon Kneen, creative director for Banana Republic. "It's about good tailoring, it's bon ton, and a little more buttoned up and polished."

But, he says, a key part of the collaboration between Banana Republic and the show's costume designer Janie Bryant was to be sure they weren't crafting costumes. The clothes are modern, with shapes and details adapted to a contemporary eye, Kneen explains.

Gone is the enhanced hourglass created with bust darts and high waistline, according to Bryant.

Fabrics have stretch and are more lightweight, and there is more consideration of comfort.

"It's about good tailoring, it's bon ton, and a little more buttoned up and polished."
SIMON KNEEN, CREATIVE DIRECTOR FOR BANANA REPUBLIC

THE ASSOCIATED PRESS

BANANA REPUBLIC/THE ASSOCIATED PRESS

▶ Channeling Don Draper today, are we?

Hot flush with a touch of some blush

THE KIT

A sweep of blush is the fastest route to a healthy-looking complexion.

Powder Blush

For rosy cheeks that last, use translucent powder as a base, layer on cream blush or stain, and then finish with powder blush.

1. Guerlain Blush G Série Noire, $76, guerlain.com.
2. Clarins Blush Prodige Illuminating Cheek Colour in Rose Wood, $32, clarins.ca.

Tints

Tints give cheeks a from-within flush and lips a just-bitten finish. Apply on smooth, moisturized skin.5

1. Stila Lip & Cheek Stain in Cherry Crush, $32, stilacosmetics.com.
2. The Body Shop Tailored Cheek Tint adjusts to your skin's pH. $16, thebodyshop.ca.

Cream Blush

Cream blush is dry skin's best friend! Makeup artist and La Prairie Colour Ambassador Raychel Wade likes to apply it with a blush brush for a blended air-brush effect.

1. Smashbox In Bloom Cream Cheek Duo in Blushing/Peony, $30, smashboxcanada.com.
2. FusionBeauty SculptDiva cream-to-powder blush in Haute, $31, fusionbeauty.com.

TEXT BY JANINE FALCON, PHOTO BY GEOFFREY RUSH. SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

If your walls could talk, they might demand a change

Stuck in a home decor rut? Dip your paintbrush into some bold and exciting colours

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Many people feel they know their decor style and spend a lot of time defining it. The problem is that once they are happy with their decor style, they stop evolving it.

Brown colours might always be popular, but our favourite version of brown during the 1970s is very different from what was popular in the '80s or last year.

About eight years ago, I helped a friend choose paint colours for her home.

It is now time to repaint her house and she's hoping to 'freshen things up' but wants to repeat all the old colours.

But it's time to evolve her colour scheme and create some new decor memories going forward.

Here's a paint colour update to help you refresh your home without having to change your furnishings and accessories. These new colours will update your space and complement most everything you originally co-ordinated with your old wall colours.

Golden walls: Anyone who decorates with gold tones usually has a rich, luxurious-style and an over the top decor scheme. Gold works well with elegant cream upholstery fabrics, shiny gold-gilt pictures frames and dramatic decor touches like glass topped dining tables.
Try a new colour: Bone
(Cornforth White #228, Farrow and Ball Paints).

Attached to navy walls?
If you decorate with the colour navy then you are a trusted soul in decorating. Every room with navy usually has touches or brown, some version of red and burnished metal finishes.
Try a new colour: Bronze
(Benjamin Moore's Meditation AF-395).

In a hunter green time warp?
I bet you there are lots of burgundy and gold-coloured accessories in your rooms. Hunter Green is the prestige colour of the mid 1980s.
Try a new colour: Brick
(Para Paint's Clay SR37)

Confined to burgundy?
Rich burgundy walls adorning bedroom and dining room walls have been popular for a long time.
Try a new colour: Plum
(Benjamin Moore's Plum Perfect 1371)

Still love those dusty rose walls? That very soft, elegant dusty rose — usually blended with grey or with warm champagne seems to never go away.

Updating the old dusty rose is not difficult as another classic has emerged.
Try a new colour: Mulberry
(Benjamin Moore's Bonne Nuit AF-635).

The steely grey daze: If you had/remember steely, cold grey from the 1980s then you must also remember black lacquered coffee tables and black leather furniture.

The easy update to this modern look was to paint the walls white and proclaim your modern life but now we are warming the world up again.
Try a new colour: Driftwood
(Farrow and Ball's Light Gray#17).

Stuck in the brown mud?
That bold, 1970s wall colour quickly went from brown to rust to orange and most often stayed a version of orangey rust.
Try a new colour: Citron
(Para Paints Bean Bag Toss, P5049-42).

I STOCK

▶ Paint on a whole new colour scheme.

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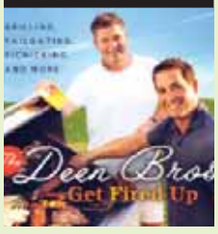
Weekly Cookbook



Cooking is that much more fun when it's done for your backyard, on the beach, at a picnic or tailgating before the big game. Jamie and Bobby Deen (along with Melissa Clark) have you covered with The Deen Bros. Get Fired Up (Ballantine Books, 2011).

The release features 125 mouthwatering recipes and entertaining ideas to make outdoor dining a breeze. Among the standouts are: Balsamic Cherry Pork Chops and Pulled Barbecue Chicken Sandwiches.

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe serves two and takes 10 minutes to make.

▶ This recipe serves two and takes 25 minutes to make.

Summertime & the bruschetta is easy

Open-faced sandwiches made in a few simple steps

Banana-Manchego Bruschetta Preparation:

1. Heat oven to 230 C (450 F). Slice banana in half crosswise; slice each in half lengthwise to create 4. Place banana slices in bowl; drizzle with lime juice and olive oil. Gently toss to coat.
2. Top each slice of bread with half of arugula; set 2 banana slices over each. Sprinkle with cayenne, salt; top with cheese. Toast in oven until cheese is melted and starting to brown.

Buttery Roasted Tomato Bruschetta Preparation:

1. Heat oven to 260 C (500 F). Cut each tomato in half top-to-bottom; trim stem area at the top of each. Scoop out and discard centre of each half. Place tomatoes in medium bowl. Drizzle tomatoes with about 30 ml (2 tbsp) of oil toss to coat.
2. Arrange tomatoes on a baking sheet; season with salt and pepper. Roast for 15 minutes, or until starting to brown.
3. Drizzle bread with olive oil; sprinkle half of rosemary over each. During final 5 minutes of roasting, add bread to oven.
4. Once removed, arrange 4 tomato halves over each bread slice. Sprinkle half of butter pieces over each; return to oven for 1 minute.

Shopping List:

Banana-Manchego
- 1 large banana, peeled
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) olive oil
- 2 slices sourdough bread
- 250 ml (1 cup) arugula
- Pinch cayenne
- Pinch kosher salt
- 125 ml (1/2 cup) grated manchego cheese

Buttery Roasted Tomato
- 4 plum tomatoes
- Olive oil
- Kosher salt, black pepper
- 2 large slices sourdough bread
- 15 ml (1 tbsp) chopped fresh rosemary
- 45 ml (3 tbsp) butter, cut into very small pieces

THE ASSOCIATED PRESS

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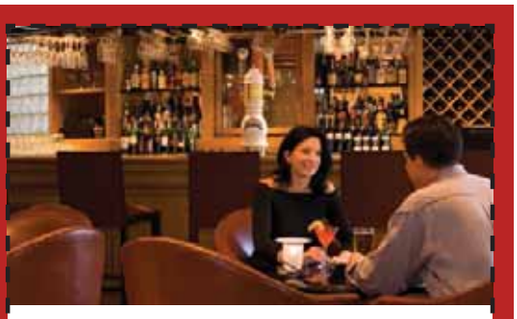

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Canadian loses to his idol

Vernon's Pospisil puts up fight, but falls to Federer at Rogers Cup

To Canada's Vasek Pospisil it was a dream outing on the court: An ATP main-draw event, a big crowd and his boyhood idol Roger Federer standing on the other side of the net.

Federer beat the 21-year-old from Vernon in their Rogers Cup matchup yesterday in Montreal, but the 155th-ranked Pospisil didn't leave centre court without putting up a fight. He kept the first set close at Uniprix Stadium before Federer disposed of him 7-5, 6-3.

The Swiss star, playing his first match since turning 30 on Monday, said it's not the first time he's heard of a younger opponent's admiration.

"For me it was important to have role models to look up to, such as (Pete) Sampras and (Stefan) Edberg and so forth," Federer said after beating Pospisil.

"It gave me a huge lift to be able to play in a big stadium against a big player — and I hope it does the same for him."

Pospisil said it felt like a dream walking onto the big stage.

"After that I concentrated on my game and I tried to forget that I was playing against Federer," said Pospisil. "At first I was a little bit nervous, for sure, but after the first couple of games I actually did calm down and I felt pretty calm out there."

In the evening, second-ranked Rafael Nadal suffered a shocking defeat to Croatia's Ivan Dodig.

Nadal breezed through the first set 6-1, but Dodig, ranked 41st, took the next two sets in tiebreakers, 7-6 (5) and 7-6 (5).

With the tiebreaker in the final set tied 5-5, Dodig ripped an ace past Nadal, then finished the upset by hammering a backhand that the Spanish star couldn't handle. THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Vasek Pospisil reacts during his match against Roger Federer yesterday.

Canadians done

The Canadian women's singles contingent is finished at the Rogers Cup after both Aleksandra Wozniak and Stephanie Dubois dropped matches in Toronto yesterday.

- Wozniak, from Blainville, Que., lost to No. 10 seed Samantha Stosur 6-3, 6-4. Wozniak has never made it past the second round in eight tries at the event.
- Stephanie Dubois of Laval, Que., lost 6-0, 6-0 to world No. 4 Victoria Azarenka of Belarus last night to cap Canada's hopes.
- Top-seeded Danish player Caroline Wozniacki crashed out of the tournament to Roberta Vinci, 6-4, 6-5 in the big surprise of the day.

Jays deny sign-stealing accusations

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Fans in Toronto hold up posters last night mocking accusations that the Jays have been stealing signs.

Jose Bautista wonders what it's going to be next.

"I'm intrigued to see what they're going to come up with next week or next year, to try to decipher why we're playing good or why we're doing good or something," the Toronto Blue Jays right-fielder said before last night's 8-4 win against the Oakland Athletics.

The major-league home run leader was responding to an ESPN report that says at least four members of an opposing team — identified by Bautista as the Chicago White Sox — claim the Blue Jays stole signs during games at Rogers Centre.

"There's zero truth to this. No one's ever contacted me. No GM has picked up the phone and called me."
JAYS GM ALEX ANTHOPOULOS ON SIGN-STEALING ACCUSATIONS

Players in the visiting bullpen noticed a man dressed in white in the outfield in Toronto in April of 2010. According to the report, the players said the man made signals from the stands to Toronto batters, apparently alerting them to what pitch was coming.

Michael Teevan, the public relations director for Major League Baseball, said there are no clear rules when it comes to sign stealing. THE CANADIAN PRESS

4 sports

Sports in brief

There will be few fathers prouder than Dobro Lucic in Vancouver this Sunday.

Professional hockey's most iconic trophy, the Stanley Cup, is coming to town and is spending the day with Dobro's son Milan, a member of the 2011 Stanley Cup champion Boston Bruins.

"I feel good," said Dobro. "This is something special. It doesn't happen very often."

Under a well-established tradition, the trophy travels to the hometown of each member of the team that wins the Stanley Cup final.

Dobro said his son is planning a private event and family from as far away as Toronto, San Diego and Los Angeles are expected to attend the celebration.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	72	44	.621	—
New York	70	45	.609	1½
Tampa Bay	62	54	.534	10
Toronto	59	57	.509	13
Baltimore	45	69	.395	26

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	55	.526	—
Cleveland	58	56	.509	2
Chicago	57	59	.491	4
Minnesota	52	65	.444	9½
Kansas City	49	68	.419	12½

WEST DIVISION

	W	L	Pct	GB
Texas	66	52	.559	—
Los Angeles	64	53	.547	1½
Oakland	52	64	.448	13
Seattle	50	66	.431	15

Last night's results

Baltimore 6, Chicago White Sox 4, 10 innings

Cleveland 10, Detroit 3

N.Y. Yankees 9, L.A. Angels 3

Toronto 8, Oakland 4

Tampa Bay 8, Kansas City 7

Seattle 4, Texas 3

Minnesota 5, Boston 2

Tuesday's results

Chicago White Sox 4, Baltimore 3

Cleveland 3, Detroit 2, 14 innings

L.A. Angels 6, N.Y. Yankees 4

Oakland 4, Toronto 1

Tampa Bay 4, Kansas City 0

Texas 7, Seattle 6

Boston 4, Minnesota 3

Tonight's games

Kansas City (Duffy 3-5) at Tampa Bay (Niemann 6-4), 12:10 p.m.

Oakland (Moscoso 4-6) at Toronto (Mills 1-1), 12:37 p.m.

L.A. Angels (Chatwood 6-8) at N.Y. Yankees (Colon 8-6), 1:05 p.m.

Chicago White Sox (Buehrle 9-5) at Baltimore (Tillman 3-4), 7:05 p.m.

Detroit (Verlander 16-5) at Cleveland (Carmona 5-11), 7:05 p.m.

Tomorrow's games

Detroit at Baltimore, 7:05 p.m.

Minnesota at Cleveland, 7:05 p.m.

Tampa Bay at N.Y. Yankees, 7:05 p.m.

L.A. Angels at Toronto, 7:07 p.m.

Kansas City at Chicago White Sox, 8:10 p.m.

Texas at Oakland, 10:05 p.m.

Boston at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	77	40	.658	—
Atlanta	69	49	.585	8½
New York	58	58	.500	18½
Washington	56	60	.483	20½
Florida	55	62	.470	22

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	67	50	.573	—
St. Louis	62	55	.530	5
Pittsburgh	56	60	.483	10½
Cincinnati	56	61	.479	11
Chicago	50	67	.427	17
Houston	38	79	.325	29

WEST DIVISION

	W	L	Pct	GB
Arizona	64	53	.547	—
San Francisco	64	54	.542	—
Colorado	55	63	.466	9
Los Angeles	52	64	.448	11
San Diego	52	66	.441	12

Last night's results

Philadelphia 9, L.A. Dodgers 8

Pittsburgh 9, San Francisco 2

Atlanta 6, Florida 2

Cincinnati 3, Colorado 2

San Diego 9, N.Y. Mets 5

Chicago Cubs 4, Washington 2

Milwaukee 5, St. Louis 1

Arizona 6 Houston 3

Tuesday's results

Arizona 11 Houston 9

Atlanta 4 Florida 3 (11 innings)

Colorado 3 Cincinnati 2

Milwaukee 5 St. Louis 3 (10 innings)

N.Y. Mets 9, San Diego 4

Philadelphia 2 L.A. Dodgers 1

San Francisco 6 Pittsburgh 0

Washington 3 Chicago Cubs 1

Today's games

San Diego (Luebke 4-6) at N.Y. Mets (Niese 11-8), 12:10 p.m.

Colorado (Chacin 9-8) at Cincinnati (Cueto 7-5), 12:35 p.m.

Washington (Zimmermann 7-9) at Chicago Cubs (Dempster 9-8), 2:20 p.m.

Milwaukee (Gallardo 13-7) at St. Louis (C.Carpenter 7-8), 8:15 p.m.

Houston (Myers 3-12) at Arizona (J.Saunders 8-9), 9:40 p.m.

Tomorrow's games

Washington at Philadelphia, 7:05 p.m.

San Diego at Cincinnati, 7:10 p.m.

San Francisco at Florida, 7:10 p.m.

Chicago Cubs at Atlanta, 7:35 p.m.

Pittsburgh at Milwaukee, 8:10 p.m.

Colorado at St. Louis, 8:15 p.m.

N.Y. Mets at Arizona, 9:40 p.m.

Houston at L.A. Dodgers, 10:10 p.m.

BLUE JAYS 8, ATHLETICS 4

Oakland	ab	r	h	bi	Toronto	ab	r	h	bi
JWeeks 2b	5	0	1	0	RDavis lf	4	0	1	1
Pnngtn ss	5	0	0	0	YEscor ss	4	1	1	0
Matsui dh	3	0	0	0	Bautist rf	3	1	1	0
Wlngh lf	5	1	2	1	Lind 1b	5	1	2	1
DeJess rf	5	1	2	1	Encrnc dh	3	1	1	1
CJcksn 1b	4	1	2	0	Rasms cf	3	1	1	0
Sweeny cf	3	1	1	1	A.Hill 2b	4	1	1	1
KSuzuk c	4	0	2	0	Arencii c	4	0	0	0
SSizmr 3b	4	0	2	1	Lawrie 3b	4	2	2	4
Totals	**38**	**4**	**12**	**4**	**Totals**	**34**	**8**	**10**	**8**

Oakland	000	300	001	4
Toronto	100	005	11x	8

E—K.Suzuki (7), A.Hill (7). DP—Toronto 2. LOB—Oakland 10, Toronto 9. 2B—Sweeney (11), Lind (11), Encarnacion (29), Lawrie (1). HR—Willingham (19), DeJesus (8), Lawrie (2).

	IP	H	R	ER	BB	SO
Oakland						
G.Gonzalez L,9-10	5	4	4	4	5	4
Breslow BS,2-2	1	2	2	2	0	1
Magnuson	1	2	1	1	0	1
Norberto	1	2	1	1	1	1
Toronto						
H.Alvarez	5 2-3	8	3	3	1	4
Janssen W,4-0	1-3	1	0	0	0	1
T.Miller H,1	1-3	1	0	0	1	0
Litsch S,1-1	2 2-3	2	1	1	0	2

G.Gonzalez pitched to 3 batters in the 6th.
HBP—by Norberto (Y.Escobar), by H.Alvarez (Matsui). PB—Arencibia.
Umpires—Home, Dana DeMuth; First, Kerwin Danley; Second, Paul Nauert; Third, Doug Eddings.
T—3:01. A—19,541 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.

Saturday's games

Chivas USA at Seattle, 4 p.m.

Real Salt Lake at Toronto, 7 p.m.

New England at Columbus, 7:30 p.m.

Vancouver at D.C. United, 7:30 p.m.

Chicago at New York, 7:30 p.m.

FC Dallas at Philadelphia, 8 p.m.

Colorado at San Jose, 10:30 p.m.

Sunday's game

Portland at Houston, 9 p.m.

CFL

WEEK SEVEN

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2

Tonight's game

Edmonton at Montreal, 7:30 p.m.

Tomorrow's game

Calgary at Saskatchewan, 9 p.m.

Saturday's games

Toronto at Hamilton, 7 p.m.

Winnipeg at B.C., 10 p.m.

WEEK EIGHT

Byes: Calgary, Hamilton, Montreal, Winnipeg

Thursday, Aug. 18

Saskatchewan at Toronto, 7:30 p.m.

Friday, Aug. 19

B.C. at Edmonton, 9 p.m.

LEADERS

Unofficial CFL scoring leaders following Saturday's game (x — scored two-point convert):

SCORING

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6

GOLF

WEEKEND GLANCE

PGA OF AMERICA

PGA CHAMPIONSHIP

Site: Johns Creek, Ga.
Schedule: Today-Sunday.
Television: TNT (Today-Friday, 1-7 p.m., Saturday-Sunday, 11 a.m.-2 p.m.) and CBS (Saturday-Sunday, 2-7 p.m.).
Online: www.pga.com/pgachampionship
PGA Tour site: www.pgatour.com
European Tour site: www.europeantour.com

NATIONWIDE TOUR

PRICE CUTTER CHARITY CHAMPIONSHIP

Site: Springfield, Mo.
Schedule: Today-Sunday.
Television: None.
Online: www.pgatour.com

HOCKEY

IIHF MEMORIAL OF IVAN HLINKA TOURNAMENT

At Breclav, Czech Republic and Piestany, Slovakia

PRELIMINARY ROUND

GROUP A

	GP	W	OT	W	OT	L	GF	GA	Pt
Sweden	3	3	0	0	0	0	14	7	9
Canada	**3**	**2**	**0**	**0**	**1**	**1**	**13**	**6**	**6**
Czech Republic	3	1	0	0	2	7	12	3	
Switzerland	3	0	0	0	3	4	13	0	

GROUP B

	GP	W	OT	W	OT	L	GF	GA	Pt
Russia	3	2	0	1	0	12	8	7	
Finland	3	2	0	0	1	17	8	6	
U.S.	3	0	2	0	1	14	15	4	
Slovakia	3	0	0	1	2	9	21	1	

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.

Yesterday's results

At Piestany, Slovakia
Russia 3 Finland 1
U.S. 6 Slovakia 5 (SO)

At Breclav, Czech Republic
Canada 6 Switzerland 0
Sweden 5 Czech Republic 3

Tuesday's results

At Piestany, Slovakia
Finland 10 Slovakia 2
U.S. 5 Russia 4 (OT)

At Breclav, Czech Republic
Canada 6 Czech Republic 1
Sweden 4 Switzerland 3

Thursday Games
No Games Scheduled.

PLAYOFFS

Tomorrow's games

Seventh Place
Switzerland vs. Slovakia, TBA

Fifth Place
Czech Republic vs. U.S., TBA

Semifinals
Russia vs. Canada, TBA
Sweden vs. Finland, TBA

Saturday's games

Bronze Medal
Semifinal losers. TBA

Gold Medal
Semifinal winners, TBA

TENNIS

ATP ROGERS CUP

At Montreal

Singles

First Round

Fernando Verdasco (15), Spain, def. Tobias Kamke, Germany, 5-7, 6-3, 6-3.

John Isner, U.S., def. Marcos Baghdatis, Cyprus, 6-3, 6-4.

Feliciano Lopez, Spain, def. Radek Stepanek, Czech Republic, 6-4, 4-6, 6-4.

Second Round

Novak Djokovic (1), Serbia, def. Nikolay Davydenko, Russia, 7-5, 6-1.

Roger Federer (3), Switzerland, def. **Vasek Pospisil, Vernon, B.C.,** 7-5, 6-3.

Gael Monfils (5), France, def. Alex Bogomolov, Jr., U.S., 6-2, 7-6 (5).

Tomas Berdych (7), Czech Republic, def. Alexandr Dolgopolov, Ukraine, 4-6, 6-2, 6-3.

Nicolas Almagro (8), Spain, def. Sergiy Stakhovsky, Ukraine, 6-2, 7-6 (5).

Richard Gasquet (10), France, def. Thomaz Bellucci, Brazil, 6-1, 6-4.

Jo-Wilfried Tsonga (13), France, def. Bernard Tomic, Australia, 6-3, 7-6 (1).

Stanislas Wawrinka (14), Switzerland, def. Michael Russell, U.S., 6-3, 6-2.

Ivo Karlovic, Croatia, def. Philipp Petzschner, Germany, 6-7 (0), 7-6 (2), 7-6 (6).

Doubles

First Round

Andy Murray and Jamie Murray, Britain, def. Erik Chvojka, Montreal, and **Pierre-Ludovic Duclos, Ste-Foy, Que.,** 6-2, 2-6, 10-7 tiebreak.

Second Round

Rohan Bopanna, India, and Aisam-Ul-Haq Qureshi, Pakistan (5), def. Paul Hanley, Australia, and Bruno Soares, Brazil, 6-4, 7-6 (6).

WTA ROGERS CUP

At Toronto

Singles

Second Round

Roberta Vinci, Italy, def. Caroline Wozniacki (1), Denmark, 6-4, 7-5.

Li Na (6), China, def. Peng Shuai, China, walkover.

Petra Kvitova (7), Czech Republic, def. Anabel Medina Garrigues, Spain, 7-6 (3), 6-3.

Francesca Schiavone (8), Italy, def. Ekaterina Makarova, Russia, 6-1, 6-3.

Samantha Stosur (10), Australia, def. **Aleksandra Wozniak, Blainville, Que.,** 6-3, 6-4.

Andrea Petkovic (11), Germany, def. Greta Arn, Hungary, 6-4, 7-5.

Agnieszka Radwanska (13), Poland, def. Petra Martic, Croatia, 6-3, 6-3.

Lucie Safarova, Czech Republic, def. Simona Halep, Romania, 6-2, 6-4.

Maria Jose Martinez Sanchez, Spain, def. Daniela Hantuchova, Slovakia, 7-5, 6-2.

Galina Voskoboeva, Kazakhstan, def. Flavia Pennetta, Italy, 2-6, 6-3, 6-2.

Serena Williams, U.S., def. Julia Goerges, Germany, 6-1, 7-6 (7).

Doubles

First Round

Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Chan Yung-jan, Taiwan, and Anastasia Rodionova, Australia (8), 7-5, 6-3.

Chuang Chia-jung, Taiwan, and Olga Govortsova, Belarus, def. Maria Kondratieva, Russia, and Sophie Lefevre, France, 6-3, 7-5.

Second Round

Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, def. Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia 3-6, 6-4, 14-12 tiebreak.

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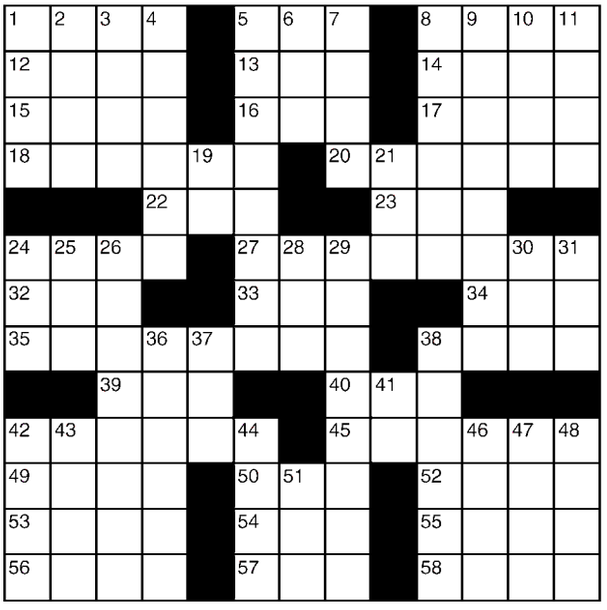
Crossword



Across

1 Nitwit
5 Scatter seed
8 At the peak of
12 Grand tale
13 Literary collection
14 Actor LaBeouf
15 Options list
16 Mainlander's memento
17 Sword handle
18 Spotted cat
20 Raids
22 Branch
23 Easter entree
24 Blend together
27 Arriving
32 Conger, e.g.
33 Actress Long
34 Sister
35 "Tobacco Road" author
38 Variety of Indian ox
39 Swiss canton
40 Past
42 Mourn
45 Doctors
49 Eye part
50 Singer DiFranco
52 Slanted lettering (Abbr.)
53 "A — home is ..."
54 Barbie's companion
55 Farm fraction
56 Act the robot
57 Ram's mate
58 Masticate

Down

1 Showroom sample
2 Oil acronym
3 Eat in style
4 Eyepiece
5 Place of drudgery
6 Inseparable
7 Homeless child
8 Religious retreat
9 Vitamin B1
10 Unctuous
11 Butter squares
19 Alternatively
21 "So that's your game, eh?"
24 Moment
25 Earl Grey, e.g.
26 Light up
28 Zero
29 Poison ivy aid
30 Gist
31 Wildebeest
36 Stylish
37 Triumph
38 Astrologer's chart
41 Big name in appliances
42 Prom-goers' ride
43 Bedouin
44 Snatch
46 Target for 29-Down
47 Concern
48 Passel
51 Just out

▶ Yesterday's answer

A	R	K	S	■	F	E	D	■	C	A	F	E
L	I	E	U	■	A	M	I	■	A	P	E	D
A	P	P	L	I	Q	U	E	■	S	P	E	D
S	E	T	T	O	■	■	S	M	A	R	T	Y
■	■	■	A	U	R	A	■	I	S	O	■	■
C	L	A	N	■	O	P	E	N	■	A	M	P
R	I	P	■	A	P	P	L	E	■	C	O	O
Y	U	P	■	M	E	A	L	■	W	H	I	P
■	■	A	I	M	■	L	A	S	H	■	■	■
H	O	R	R	O	R	■	■	H	E	A	V	E
A	R	E	A	■	A	P	P	E	N	D	I	X
R	E	N	T	■	G	E	O	■	C	A	S	E
M	O	T	E	■	E	N	D	■	E	R	A	S

Sudoku

2		7				9		1
	1		4		2		3	
5			9		6			4
		8	6		9	1		
		6	2		5	7		
3			1		4			8
	6		5		3		1	
4		1				3		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	3	8	2	6	4	1	5	7
5	7	1	3	9	8	2	4	6
6	2	4	7	5	1	9	3	8
1	8	3	4	2	6	7	9	5
7	6	2	5	3	9	4	8	1
4	9	5	8	1	7	6	2	3
3	5	7	1	4	2	8	6	9
2	1	9	6	8	5	3	7	4
8	4	6	9	7	3	5	1	2

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My All
Feelings I hold for you come straight from the core of my heart; You are my heartbeat. I truly love you and pray we be together forever. With you! **LOL**

jenilee
to my love of my life princess buko pie, i really miss you, the day is not the same without you its like peanut without butter, ham without sandwich and chicken without wings. i just want to say that i will always love you till the end of time. lov u always **ROBERT**

MADDIE Hatoner ;)
thinking of your gorgeous SMILE, hope you have an awesome day at school. YOU ARE SO STUNNINGLY BEAUTIFUL.....=)
H.BALLZ

Today 21°/14° Sunny
Friday 22°/14° Sunny

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TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You don't like to admit defeat but with your ruler Mars at odds with Pluto today, you may have to.

♉ Taurus April 21-May 21 A relationship that has been up and down is beginning to stabilize. Don't let minor irritations ruin it.

♊ Gemini May 22-June 21 Most likely what you thought was a problem is not a problem at all.

♋ Cancer June 22-July 22 If you feel physically and mentally exhausted, you must heed your body's warning and slow down.

♌ Leo July 23-Aug.23 People will try to play on your feelings of guilt, but you must not let them succeed.

♍ Virgo Aug. 24- Sept. 22 A problem you have been struggling with will resolve itself today and the relief you feel will be euphoric.

♎ Libra Sept. 23-Oct. 23 If you allow yourself to dwell on negative imaginings, they could so easily lead to negative events.

♏ Scorpio Oct. 24-Nov. 22 Try not to take anything too seriously today, especially if you tend to dwell on perceived slights.

♐ Sagittarius Nov. 23-Dec. 21 It's good to remind people that behind that easygoing exterior is a sensitive human being.

♑ Capricorn Dec. 22-Jan. 20 If a friend seems a bit hostile, but you must not let it get to you.

♒ Aquarius Jan. 21-Feb. 18 You have bitten off more than you can chew. Decide what tasks are worth carrying on with.

♓ Pisces Feb. 19-March 20. If you let colleagues down it will damage your future prospects.

SALLY BROMPTON

Caption contest

KAIA LARSEN, TIMES RECORD/ AP

AP PHOTO

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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